

November 2015

Santa Claus  
North Pole

Dear Santa – (or any individual, family or company  
who wants to play Santa this year)

We're so excited this year because we have a "12 Days of Christmas" list of wonderful ways to help **60 families this year** of the 110 families we support through the year this Christmas. These are families who live in poverty and work hard every day to keep their families stable and their children happy and nourished.

- ◇ 12 families receive emergency grocery (Safeway or Superstore) gift card - \$600  
(our families have been turned away from the Food Bank recently)
- ◇ 11 families receive gift cards for school supplies - \$550  
(Walmart, or Superstore)
- ◇ 10 C-Train 10-ticket booklets to attend group events - \$315
- ◇ 9 parents will have support to get to and be supported at specialist appointment - \$1,300
- ◇ 8 families will receive counselling support through a crisis - \$3,040
- ◇ 7 parents or family members will get 6 weeks of  
counselling to address issues of past abuse/trauma - \$6,720
- ◇ 6 families attend a series of Budgeting Workshops with a gift card reward - \$1,300
- ◇ 5 families provided with a family Christmas present - \$250
- ◇ 4 families provided with nutritional info and in-home  
cooking lesson to prepare holiday dinner on a budget - \$450
- ◇ 3 children's book bags and in-home literacy lessons - \$360
- ◇ 2 families supported to attend family fitness activity - \$180
- ◇ 1 family from our waiting list supported for one year - \$8,750  
*Weekly in-home visits to learn parenting skills, attend  
programs and workshops, picnic and potlucks.*

Warmly,

Erin Waite

Agency Director

Connections Counselling and Consulting Foundation

[www.connections counselling.ab.ca](http://www.connections counselling.ab.ca) 203 1603 10<sup>th</sup> Ave SW, Calgary, AB T3C0J7

*(Call us for details – 403 209-1100 - purchase from the list yourself  
or donate the cash and we can do the shopping for you!)*

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